



The holiday season is upon us and can be a time of great joy and great stress. For many, the holidays can be exhausting. Before 2020, nearly 50% of women and about 30% of men reported increased stress during the holidays.

Increased demands at home and work can lead to high levels of stress and burnout. Work-life balance becomes even more challenging during this time of year. Throw on top of that end-of-year deadlines, and you have a recipe for a stressed-out workforce.

"We owe it to our Soldiers to find the right balance of training, education, experience, downtime for families and overall quality of life."

—13th SMA Kenneth O. Preston, USA Ret.

We've selected resources to help you handle stress. Log in to your Army e-Learning account at: [Army e-Learning](#) copy the ID and paste it in the "Search Content" block on the Skillport home page.

WATCH

[Staying Balanced in a Shifting World](#)

15-min course

ID: pd_30_a02_bs_enus

READ

[Winning Under Fire: Turn Stress into Success the U.S. Army Way](#)

241-page book
ID: 121192

LISTEN

[Miserably Successful No More: Power Over Stress](#)

2hr46m audio book
ID: 150194

PRACTICE

[Dealing with Stress and Conflict Worksheet](#)

1-page job aid

ID: comm_41_a04_bs_enus_jacomm_41_a04_bs_enust1001

Tips for Managing Stress*

While we can't make stress triggers go away, we can take steps to manage our response to them.



- **Let down your guard**
- **Give yourself a sense of control.** Checking to-dos off a list can give you a sense of accomplishment and the energy boost you need to keep moving forward with other tasks.
- **Don't over-schedule your day with meetings.**
- **Keep moving.** You don't have to do an intense gym workout or run a marathon to gain benefits. [Breathe to Succeed: Increase Workplace Productivity, Creativity, and Clarity through the Power of Mindfulness](#), 256-page book
- **Check in with coworkers on non-work tasks.**
- **Give yourself permission to "turn off".**
- **Choose your words carefully.** While you can't control how someone might bark orders at you in their state of haste, you can take a deep breath and let go of how it was expressed and respond calmly and kindly.

[*Managing Stress Triggers](#)

Army e-Learning is being upgraded to a new learning platform in January.

To prepare you must:

- **Make sure your email address is updated** in your Army e-Learning profile.
- **Log in to your Skillport account regularly** to monitor the home page for important updates and critical dates pertaining to the upgrade to the new PERCIPIO platform.
- **Complete Learning Programs by 9 December:** Users who are enrolled in a learning program in Skillport must complete all the courses in the learning program NLT December 9, 2022, to receive credit for the entire learning program.

Check out the thousands of courses The Army e-Learning has to offer!

Log in to your account at <https://usarmy.skillport.com> and select "Browse the Library" at the top of the page. Then click on any link to get started.